



Arizona Department of Education
Tom Horne, Superintendent of Public Instruction

Low-quality, high-fat food items
(greater than 35% of total calories from fat)

Sausage/bacon
Corn dogs
Tater tots
Salami/pepperoni
Bologna
Hot dogs

French fries (oven-baked, potato
wedges are not high fat)
Hot Pockets
Tortilla chips/potato chips
Fish sticks/nuggets/shapes
Croissants
Chicken nuggets/patties

High-sugar food items
(greater than 35% total sugar by weight)

Cookies
Brownies
Toaster Pastries
Donuts
Cake/Cupcakes
Pop Tarts
Granola Bars
Cinnamon Rolls
Gelatin/Jell-O
Cereal bars

Danish
Rice Krispie Treats
High Sugar Breakfast Cereals
Quick Breads
Muffins
Vanilla Wafers
Custard
Chocolate Milk
Flavored Milk
Pudding

This list is to be used for reference and is not all inclusive